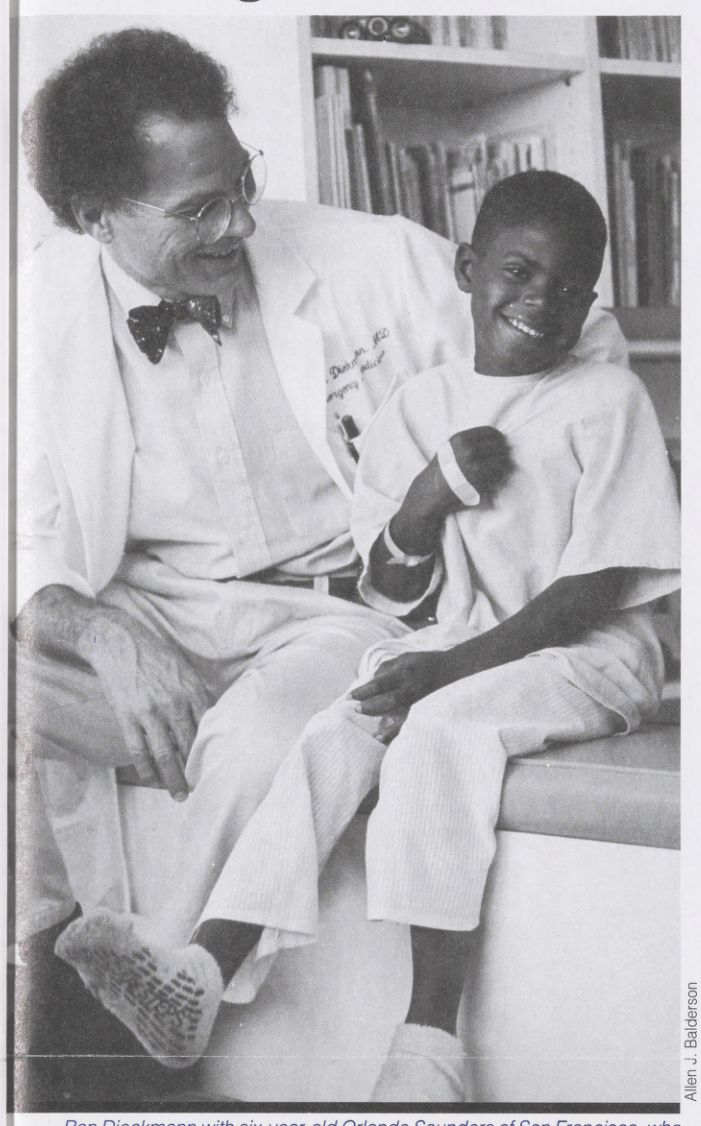
January/February 1993 Volume 18, Number 1

A summary of recent news stories from the University of California, San Francisco

UCSF

News for You

Making the Most of the Platinum Half Hour



Ron Dieckmann with six-year-old Orlando Saunders of San Francisco, who was transported to SFGH by ambulance because of an asthma attack

Allen J. Balderson

"Many children die unnecessarily because emergency personnel have neither the equipment nor the training to deal with them," says Ron Dieckmann, director of pediatric emergency medicine at the UCSF-affiliated San Francisco General Hospital.

Dieckmann is determined to change this preventable suffering. He is chief medical consultant to a federal project which will improve pediatric emergency systems by educating emergency personnel and paramedics, and establishing pediatric standards of care for emergency rooms, trauma centers and critical care centers all across the county.

"Children are not just little adults," says Dieckmann. "Their heads are huge relative to their bodies, which makes them more vulnerable to head injury. And though their bones don't break as easily, that still could mean more internal injuries."

Children also may need special warming devices, small oxygen masks or endotracheal tubes. And precise calculations must be taken when giving fluids or drugs because the amount depends on the body's total surface area.

Lives have been lost due to the inability to rapidly start an IV in children because their veins are so tiny. To overcome that, Dieckmann has designed a new version of the "intraosseous" needle, which delivers drugs and fluids through the bone marrow within 30 seconds.

He also has found that children suffering from seizures do much better if they are given valium rectally because it stops the seizure on site.

SFGH has become the hub of the entire pediatric emergency care system, and San Francisco is the first county in the country to administer valium rectally and use the Dieckmann needle.

"Adults have what we refer to as the 'golden hour,' during which time intervention can save lives," says Dieckmann. "Children have the 'platinum half-hour.' Well-educated emergency personnel now can take better advantage of that time."

Free Hepatitis B Vaccine to Newborns

The approximately 14,000 babies born in this city every year now are receiving free vaccinations for hepatitis B thanks to a $750,000 grant from the Centers for Disease Control to the S.F. Department of Public Health.

Under the two-year program, all babies born in San Francisco will receive the free vaccination before they leave the hospital. San Francisco is the only city in the country and SFGH the first city medical center to mount such a large-scale vaccination program. In 1990, the rate of reported hepatitis B illness in San Francisco was about twice the national and state averages.

"San Francisco has large numbers of new immigrants, and the risks in this city are higher than in other communities," says UCSF's Moses Grossman, a SFGH pediatrician, who chairs a local advisory committee on the project. Children at highest risk of infection come from areas of the world where the disease is common, such as Asia and Africa.

While hepatitis B usually is sexually transmitted, it also can be spread through contact with infected blood and body secretions, the sharing of toothbrushes and razors or other means. A child living in a household where a family member is a carrier has a 17% chance of becoming infected, Grossman says, or may contract the disease during birth.

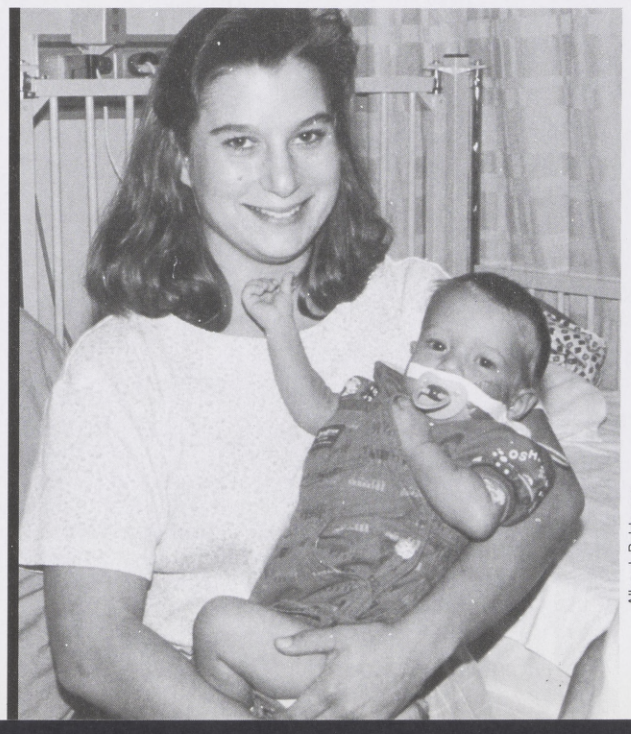
Six-Month-Old Receives First Living-Donor Liver Transplant

San Jose infant Andrew Hiebert is UCSF's — and the West Coast's — first living-donor liver transplant. Andrew received a portion of his 24-year-old aunt's liver during surgery three months ago.

Jean Emond is the surgeon who led the operating team and who brought the new program to UCSF this summer. In living-donor liver transplants, only a portion of the donor's liver is used to replace the recipient's diseased organ, eliminating the need for patients to wait for a cadaver donor. This is crucial, considering that nearly 2,100 patients nationwide currently are on waiting lists for liver transplants.

Donors in most previous living-donor liver transplants, says Emond, have been a father or mother. In this case, however, neither had the right blood type. Melissa Lunetta, who is the mother's sister, proved to be compatible.

Andrew was born without the ducts that drain bile from liver into the intestine. Eventually his liver would have been destroyed from the buildup of the bile.



Aunt and baby are doing well after the successful transplant.

Allen J. Balderson

In Brief

New Nicotine Patch for Heart Patients

Hard-core smokers who know they have heart disease but are unable to stop smoking are finding it easier to quit thanks to a new program which incorporates a recently approved nicotine skin patch.

The program, which relies on a team of medical specialists under the direction of a cardiologist, has three major components: teaching motivational and behavior modification techniques, using the nicotine patch, and an aggressive heart monitoring program to ensure safety. Patients meet for 1½ hours once or twice a week for a total of 10 to 15 meetings.

For further information, call the UCSF Cardiology Faculty Practice at 476-3590.

New Center on Aging

UCSF and the Mount Zion Institute on Aging have joined forces to create a new Center on Aging. The Center will provide easy access to a full range of healthcare services for the fast-growing older population. The affiliation means that the present and future aging programs of the two institutions, including medical and social services, educational programs, and clinical and basic research will be coordinated by the new Center.

One of the cornerstones will be a Geriatric Clinical Center, which will offer a full range of patient care services. For further information, call the current IOA Senior Information Line at 750-4130. The information line, which is staffed presently by social workers, will become a single referral point for the combined geriatric services of the Center.

Women Needed for Osteoporosis Study

Women are needed for a two-year study to determine if potassium bicarbonate can help prevent osteoporosis, a major health problem among postmenopausal women, which causes strong bones to weaken and leads to fractures of the hip, spine and wrist.

Diets in modern countries produce a continuous level of acid in the blood. Our bodies neutralize this acid by removing calcium from the skeleton. It is believed that supplements of potassium bicarbonate can neutralize this acid and prevent bone loss.

If you are a woman between the ages of 45 and 75, in good health, five years past menopause, currently not taking estrogen, and would like to be part of the study, call 476-3498.

Exercise and Diabetes

Diabetics can keep their disease under better control if they do regular exercise. But just how long and how hard should that exercise be? UCSF and SFGH researchers, led by Norman Kretchmer, hope to help answer that question with a study involving female volunteers with Type II diabetes, a form of the disease that shows up in adulthood.

Volunteers will do moderate and intense workouts on a treadmill and then undergo tests to determine the relative benefit of both regimens. The workouts will be done during two, three-day sessions at the General Clinical Research Center at SFGH. Women should be between the ages of 35 and 50 and preferably recently diagnosed with diabetes. Each participant will receive $500.

To participate, call Barry Braun or Laurie Schumacher at 206-5884.

More News for You

on the back page

What's happening

January/Feb ary 1
A bimonthly alenda
events at UCSan Fr

Special Events

Fri., Jan. 8 & Feb. 5
Arts & Performances' New Monthly Music Series. Jazz, new age, folk, pop & reggae on the first Friday of each month. Plaza Grill, 500 Parnassus. Noon. Call 476-2542.

Tues., Jan. 19
Cage/Cunningham. Documentary on the 45-year collaboration between composer John Cage & choreographer Merce Cunningham. $3/$3.50. Cole Hall, 513 Parnassus. 6, 8 & 10 p.m.

Wed., Jan. 20
Music in the Library Recital Series: Grand Celebration. Benefit concert for maintenance of the campus' two grand pianos. $3/$5. Funded in part by the Sarah B. Childs Chamber Music Fund. Lange Reading Rm., UCSF Library, 530 Parnassus. 5:30 p.m. Preceded by wine & cheese reception.

Thurs., Jan. 28
Ensemble Nova. Celebrate UC's 125th anniversary with this new music ensemble. $5. Millberry Conf. Cntr., 500 Parnassus. 6 p.m. Preceded by wine & cheese reception.

Biotechnology in Society Lecture Series

Held on Thursdays from noon-1 p.m. in Rm. 301, Health Sciences West, enter through 513 Parnassus.

Jan. 7
Human Genetics in American Popular Culture.

Jan. 14
The Commercialization of Academic Biology: Recent Historical Perspectives.

Jan. 21
From Eugenics to Human Genetics (and Back?)

Jan. 28
The Routinization of Medical Innovations: Bioscience & Bioethics in MSAFP Screening.

Feb. 4
Plants, Power & Profits: Social, Economic & Ethical Consequences of the New Agricultural Biotechnologies.

Feb. 11
Genetic Testing, the Social Milieu & the Leap from Genes to Behavior.

Feb. 18
Looking Back at Monoclonal Antibodies: An Ethnographic Account.

Feb. 25
Genomic Networks: A Sociology of the Human Genome Initiative.

Breast Cancer Screening

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient Bay Area locations. The procedure takes 20 minutes and costs $60. Your physician's approval is required, plus his/her full name, address & telephone number to assure results are mailed promptly. Appointments must be made at least one month to six weeks in advance. Find out when the van will be in your neighborhood by calling 476-2193, weekdays between 9 a.m. and 3 p.m. A $50 mammography screening also is available at the UCSF/Mount Zion Medical Center Radiology Department. Call 885-7710.

Martin Luther King, Jr. Celebration

Tues., Jan. 12
Art as a Tool for Social Change. A Brown Bag Lecture with James Woods, Watts Community Housing Corporation, & Anna Halprin, Tamalpa Institute-Dancer's Workshop. Herbst Hall, UCSF/Mount Zion, 1600 Divisadero. Noon.

The Ponies. Performance by Native American Band. Rm. 125, Mission Center Bldg., 1855 Folsom. Noon.

SF Recreation & Park Department Youth Programs. Lorraine Lampkin. Rm. 7M30, SFGH Main Hosp. Bldg., 1001 Potrero. Noon

Wed., Jan. 13
MLK 4th Annual Cultural Fair. Features art, food & goods from a variety of cultures. Also the debut of the UCSF Gospel Choir. Millberry Gym, 500 Parnassus. 11:30 a.m.-1:30 p.m.

Nonviolence: A Way of Life. Sudarshan Kapoor, peace & conflict studies, Cal State Fresno. Rm. 300, Health Sciences West, enter through 513 Parnassus. Noon-1 p.m.

Thurs., Jan. 14
Bayview Opera House Community Choir. Herbst Hall, UCSF/Mount Zion, 1600 Divisadero. Noon.

Gains & Losses for Women & Minorities. What women & minorities may experience in the coming years. Belva Davis, KRON-TV. Toland Hall, 533 Parnassus. Noon-1 p.m.

Men's Work. Violence prevention educator Paul Kivel speaks on how to stop the violence that tears our lives apart. Rm. 2A6, SFGH Main Hosp. Bldg., 1001 Potrero. Noon.

Fri., Jan. 15
Creative Solutions to Preventing Violence. Panel discussion with Joe Marshall, Omega Boys Club; John LaVelle, Center for the Spirit Concha Saucedo, Inst. Familiar de la Raza; Sherry Tennyson, Delinquency Prevention Comm. Cole Hall, 513 Parnassus. Noon.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, Jan. 5, 12, 19, 26 and Feb. 2, 9, 16 & 23. Meet in the lobby of Medical Sciences, 513 Parnassus.Call 476-4394.

Black Heritage Month

Thurs., Feb. 11
The Quest for Good Hair. Lonnice Brittenum Bonner, writer & hair outlaw, discusses what black women suffer to get "good hair." Toland Hall, 533 Parnassus. Noon-1 p.m.

Wed., Feb. 17
When Mommy is Grandma. Exploring the African-American extended family. Rm. 300, Health Sciences West, enter through 513 Parnassus. Noon-1 p.m.

Tues., Feb. 23
No Trifling Matter: Talking About Black Women's Health. Evelyn C. White, author & reporter for the *SF Chronicle,* discusses the socioeconomic barriers preventing African-American women from getting & staying well. Toland Hall, 533 Parnassus. Noon-1 p.m.

(Also see Cole Hall Cinema.)

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-3902.

Living with HIV Public Forums. Call for schedule.

Individual Risk Assessments & Referrals. By appointment. Free.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS.

Other Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS or HIV infection, in a risk group or otherwise affected.

Lakeside Senior Center Lectures

Free lectures held on Wednesdays at 10 a.m. at Lakeside Presbyterian Church, corner of Eucalyptus & 19th Ave. Call 586-8600.

Jan. 13
Sexuality in Your 60s & Beyond.

Jan. 20
Financial Planning: A Prescription for Stress Reduction.

Jan. 27
Keeping Ahead of Viruses.

Feb. 3
Home Alone. Find out about the home emergency alert system.

Feb. 10
Your Smile is Worth It. Dentistry & dental services for older adults.

Feb. 17
Your Neighborhood Pharmacist. Learn about common medications.

Brown Bag Lectures

A series of free lectures held weekly at noon on Wednesdays at the Parnassus campus (P), Rm. 300, Health Sciences West, enter through 513 Parnassus; monthly on Thursdays in Rm. 125, UCSF-Mission Center Bldg. (MCB), 1855 Folsom St.; and monthly on Tuesdays in Herbst Hall, UCSF/Mount Zion (MZ), 1600 Divisadero. Call 476-4394.

Jan. 6
Financial Conflict Resolution: A Couples' Guide. (P)

Jan. 12 & 13
(See Martin Luther King, Jr., Celebration.)

Jan. 20
Life-Threatening Career Changes. Techniques to help you make a career change. (P)

Jan. 21
He Said, She Said . . . What? The dynamics of male/female communication. (MCB)

Jan. 27
True Grit — TMJ. Issues related to temporomandibular disorders. (P)

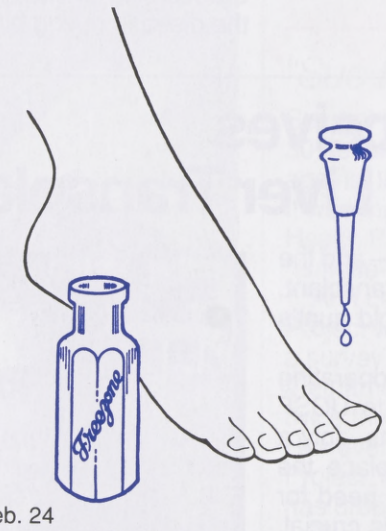
Feb. 3
Hair-Raising Myths & Truths. Causes of hair loss & what to do about it. (P)

Feb. 10
Video Production & Medicine. (P)

Feb. 16
Men's Work. How to stop the violence that tears our lives apart. (MZ)

Feb. 17
(See Black Heritage Month events.)

Feb. 18
How to Guarantee a Tax Audit. (MCB)



Feb. 24
The Pain of De-Feet. A look at common foot problems. (P)

At the Heart of It

A cardiac support group for heart patients experiencing fear, anxiety, confusion & stress. Facilitated by a cardiac social worker and a registered nurse. Meets at UCSF/Mount Zion, 1600 Divisadero. For information call 885-7227.

Mount Zion Community Meetings

An ongoing series of meetings to keep the community apprised of activities of interest and to listen to neighborhood concerns. Herbst Hall, UCSF/Mount Zion. 7 p.m. Next two meetings: **Wed., Jan. 27 & Feb. 24.**

Women's Programs

Unless otherwise noted, events are sponsored by UCSF Women's Resource Center. For more information call 476-0400. To pre-register for workshops call 476-5222.

Wed., Jan. 20, 27, Feb. 3, 10
Workshop: Assertiveness Training for Women. $45. Rm. 130, Clinical Sciences, 521 Parnassus. Noon-1 p.m.

Wed., Jan. 20
An Evening with Isabel Allende. Chilean novelist signs books & shares her experiences. Co-sponsored by Old Wives Tales Bookstore. $5-$10. Cole Hall, 513 Parnassus. 7-9 p.m.

Sat., Jan. 23
Workshop: Basic Home Repair/Plumbing. $35-$55. Rm. 517, Nursing Bldg., enter through 521 Parnassus. 9 a.m.-4 p.m.

Thurs., Jan. 28
Sex in the Forbidden Zone: When Men in Power Betray Women's Trust. Exploring the impact of abuse by clergy & therapists. Sponsored by UCSF Rape Prevention Educ. Prog. Toland Hall, 533 Parnassus. Noon-1 p.m.

Sat., Jan. 30
Body Pride Workshop: Learning to Love the Body You Have. $40-$60. Rm. 130, Clinical Sciences Bldg., 521 Parnassus. 10 a.m.-5 p.m.

Wed., Feb. 3
Sexual Assault Awareness & Prevention for Women & Men. Sponsored by UCSF Rape Prevention Education Program. 6-7:30 p.m. Call 476-5222 for location.

Sat., Feb. 6
Workshop: Working on the "isms." Practical methods of interrupting racism, sexism, homophobia, anti-Semitism & more. $50. Rm. 130, Clinical Sciences Bldg., 521 Parnassus. 10 a.m.-2 p.m.

Sat., Feb. 20
Workshop: Basic Home Repair/Electrical. $35-$55. Rm. 517, Nursing Bldg., enter through 521 Parnassus. 9 a.m.-4 p.m.

Recreation & Fitness

Fulfill that New Year's resolution and sign up for a fitness class! Millberry Fitness Center offers a great variety of classes & workshops. Winter registration for the public begins **Tues., Jan. 5.** Call 476-1115 for more information & a free brochure.

Outdoors Unlimited

Outdoors Unlimited is a cooperative resource center for outdoor recreation and adventure, serving both UCSF and the general public. To receive a quarterly listing of Outdoors Unlimited trips and clinics, call 476-0417.

Wed., Jan. 27
Welcome to Outdoors Unlimited. Outdoors Unlimited Center, 3rd Ave. & Parnassus. 7:30 p.m.

Tues., Feb. 9
Wilder Art Gathering. Artists express their experiences of nature. Millberry Conference Center, 500 Parnassus. Social hour, 6-7 p.m. Presentations, 7-9:30 p.m.

Blood Donation

Tues., Jan. 26
Campus Blood Drive. Blood may be given at the Millberry Conference Center, 500 Parnassus. 8 a.m.-2 p.m.; and the School of Nursing Bldg., mezzanine level, enter through 521 Parnassus. 11:30 a.m.-5:30 p.m.

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at UCSan Francisco

Your Growing Child

A series of free lecture/discussions sponsored by Child & Elder Care Referral Service, Community Health Talks, Marilyn Reed Lucia Child Care Study Center, Great Expectations & Women's Resource Center. Toland Hall, 533 Parnassus. 7-9 p.m. Free parking available. Call 476-6667 to register.

Wed., Jan. 27
Your Child as a Unique Person: Temperamental Differences in Infants & Toddlers.
The first in a three-part series.

Volunteer Orientation

Learn of volunteer opportunities available in the Medical Center at UCSF. Held on Tuesdays in Langley Porter Psychiatric Institute Auditorium, 401 Parnassus (P), and at UCSF/Mount Zion in Herbst Hall, 1600 Divisadero (MZ). For further information call 476-1196 (P) or 885-7353 (MZ).

Jan. 5, 9 a.m.-noon (P)
Jan. 12, 5-7:30 p.m. (MZ)
Jan. 19, 5:30-8:30 p.m. (P)
Feb. 2, 9 a.m.-noon (P)
Feb. 16, 5:30-8:30 p.m. (P)

Arts & Performances' Cole Hall Cinema

Films are shown on Thursdays and Fridays in Cole Hall, 513 Parnassus. $2-$3.50. Movies subject to change. Call 476-2542.

Jan. 7 at 5:45 & 8:15 p.m.
Jan. 8 at 6:30 & 9 p.m.
Singles.

Jan. 14 at 5:45 & 8:15 p.m.
Jan. 15 at 6:30 & 9 p.m.
Sneakers.

Jan. 21 at 5:45 & 8 p.m.
Jan. 22 at 6:30 & 8:45 p.m.
Husbands & Wives.

Jan. 28 at 5:45 & 8:15 p.m.
Jan. 29 at 6:30 & 9 p.m.
Mr. Saturday Night.

Feb. 4 at 5:45 & 8 p.m.
Feb. 5 at 6:30 & 8:45 p.m.
Sarafina. (In honor of Black Heritage Month.)

Feb. 11 at 5:45 & 8 p.m.
Feb. 12 at 6:30 & 8:45 p.m.
Zebrahead. (In honor of Black Heritage Month.)

Feb. 18 at 5:45 & 8 p.m.
Feb. 19 at 6:30 & 8:45 p.m.
Of Mice & Men.

Feb. 25 at 5:45 & 8:15 p.m.
Feb. 26 at 6:30 & 9 p.m.
A River Runs Through It.

UCSF

University of California, San Francisco
Department of Public Affairs
513 Parnassus Avenue
San Francisco, CA 94143-0462

Standing all day proved too much for her.
One day she fainted at work.

Dangerous and threatening.

That's the only way Marie Bell could describe the feeling of pressure on her heart. But the pressure signaled more than a personal threat; it put Marie's unborn baby at risk for brain damage too.

The cause was a congenital heart valve defect that partially blocked the flow of blood from the heart into the lungs. The backed-up blood — some of which squeezed through a hole between the right and left atria which normally closes at birth — put abnormal pressure on the right side of her heart. The defect also meant that blood bypassed the lungs in its circuit through the body and prevented Marie from receiving her normal supply of oxygen.

As a result, Marie tired easily. And the deoxygenated blood, which is blue, gave her skin a bluish cast.

None of this was news to Marie. She had learned to live with her easily fatigued nature. But when she turned 20, married and became pregnant with her first child, Marie had to contend with the extra blood being produced to nourish her fetus. Marie's condition worsened. She frequently became dizzy. And standing all day at a Sacramento department store selling cosmetics proved too much for her. One time she fainted.

After that incident in the fifth month of her pregnancy, Marie needed oxygen around the clock and constant bed rest. Her doctors in Sacramento also asked Marie and her husband to at least consider an abortion. But she was confident that everything would turn out fine.

Luckily, UCSF cardiologist Thomas Ports had discovered that a valve-opening technique, called catheter balloon valvuloplasty — used originally for children and very elderly patients who could not tolerate surgery — also worked on pregnant women. Before this five-year-old procedure, for which UCSF has become a regional center, open heart surgery was the only alternative. And for pregnant women like Marie, such surgery carried high risk to the fetus.

Marie underwent catheter balloon valvuloplasty last year, about the tenth pregnant woman to do so at UCSF in the last two years. The operation lasted just under an hour. Starting with a small incision in Marie's groin, Ports threaded the catheter through Marie's blood vessels into her heart. Ports — and Marie, who was under local anesthetic — watched the catheter's progress on the monitor of an X-ray fluoroscope.

Ports positioned two balloons side by side into the narrow valve opening. He filled the balloons with pressurized fluid using a hand-held inflation gun. Each balloon inflated to about the size of a hot dog.

For Marie, the relief was immediate. "It was the neatest feeling when the balloons went through the blocked valve. I could feel everything opening up and the blood going through like it should. It's something I'll always remember."

Marie stayed in the hospital overnight and then returned home to Sacramento the next day. A few months later, she gave birth to Robert Charles, a healthy infant now nine months old.

With an active baby to care for, Marie needs all the energy and stamina she can muster. And thanks to UCSF and Thomas Ports, now she has it.

— Marshall Krantz

(For more information about catheter balloon valvuloplasty, call 476-4315.)

Tom Wachs

To Our Neighbors

January/February 1993

Improved Emergency Care for Children

Free Hepatitis B Vaccine to Newborns

What You Should Know About TB

Postal Customer Local

University of California, San Francisco
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More News for You

The Truth About the "New" Tuberculosis

Reports of a tuberculosis comeback in the U.S. have alarmed many who know very little about this historical scourge — or who remember the isolation of its sanatoriums all too well. While the increase in TB cases is very real, the actual numbers still are small, about 27,000 new cases last year. But, many of these cases are barely curable, and only then after a year-long (or longer) regimen of powerful antibiotics.

Because TB rates had been in steep decline since the introduction of antibiotics in the 1940s, a whole new generation of Americans needs to be reeducated about the disease, says Gisela Schecter, director of the TB Clinic at SFGH. With that in mind, here are some facts that should help you determine what the real risks are:

- TB is a chronic bacterial disease that eats away at body tissue. Before better hygiene and stronger drugs nearly wiped it out in this country, most victims died from TB of the lungs — characterized by a persistent, hacking cough. But, TB can strike any part of the body, including the spine and liver.
- TB is spread when someone with active TB coughs or sneezes, sending contaminated droplets into the air which others then breathe. The risk of becoming infected increases in areas with poor ventilation and where people are crowded together in unsanitary conditions. Not surprisingly, America's TB rates are highest in cities and among the poor, homeless and drug addicted.
- TB is infectious, but you don't catch it on a bus or airplane when someone coughs. Nor do you need to avoid cities or hospitals or refuse to enter buildings where TB cases have been discovered. It takes many hours of regular exposure to someone with active TB before it can spread. And even then, assuming you're healthy, your immune system will contain the disease and leave you unaffected. That is not true of those with compromised immune systems, especially those with AIDS, which is why TB rates among this group are soaring.
- In those 10% or so of cases where infection leads to active TB — and in some people, the gap between infection and disease may be as long as 50 years — antibiotics taken over a six-month period will cure the disease. A UCSF study has found this also is true for AIDS patients.
- After a few days of taking antibiotics, you will no longer be contagious. Stopping treatment too soon or taking the drugs intermittently, however, will allow some of the bacteria to survive and develop into drug-resistant strains. These strains have made the current epidemic all the more dangerous and spurred a new effort at SFGH — funded by a $1.6 million grant from the National Institute of Allergy and Infectious Diseases — to develop new drugs and improve treatment and diagnosis. A new Mycobacterial Diseases Research Unit (MDRU) at SFGH also will conduct research and training in TB and related diseases.
- The only way to determine if you have been exposed to TB is a tuberculin skin test, in which a solution containing proteins from the TB bacterium is injected just under the skin of your forearm. If the area swells and turns red a couple of days later, then the test is positive. MDRU researchers have found, however, that the elderly and those with compromised immune systems sometimes test negative when in fact they are infected. That is why the researchers now are trying to develop tests to detect the DNA of the TB bacterium in the blood.
- Tests for the disease itself include X-rays and a saliva analysis. But waiting for the TB bacterium to grow in culture takes six to eight weeks. That means that if healthcare workers suspect you are actively infected, you will be put on antibiotics as a preventive measure.

Safe Sex and Heterosexuals

The first large-scale national sex survey in over 40 years has found that many heterosexual adults in the U.S. have been at risk for HIV infection in the past five years. The UCSF study on the sex habits of nearly 11,000 people signals a warning: safe sex messages and HIV prevention programs are not reaching many heterosexuals.

Study results showed that married and single people ranging from ages 18 to 75, who had two or more sexual partners in the past five years, had an HIV risk level of 31%. The risk rose to 41% in metropolitan areas with a high prevalence of AIDS. Moreover, condom use was relatively low.

"HIV infection, although increasing somewhat, still remains relatively low among heterosexuals," says study investigator Joseph Catania at the UCSF Center for AIDS Prevention Studies. "We hope heterosexuals will not wait until HIV infection rates increase dramatically to take preventive action."

UC Regents Certify UCSF/Mount Zion SEIR

The UC Regents have certified UCSF's 1992 Final Subsequent Environmental Impact Report (SEIR) concerning proposed changes to UCSF/Mount Zion's original development plan. The SEIR supplements the original EIR approved in 1990 when UCSF integrated with Mount Zion Medical Center.

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